

ABSTRACT

Title: Movement mode of UK FTVS Students and Its Influence on Physical Composition

Objectives: The main aim of the diploma thesis is to analyse the physical activity and its influence on the physical composition of the FTVS students

Methods: The thesis uses scientific literature and proper measurement. The target group was eight students of the fifth year of studies of the FTVS the Charles University. The respondents were men in the age of 22-26 years. Their daily locomotive regime was measured with the help of pedometer and their regular sport activity was chronicled into training diaries.

Physical composition was measured by BIA 200 M apparatus and TANITA device. The relationship to the motional activity (both the individuals and their parents) was found out through questionnaires.

Results: All the students do sports since their childhood. Their parents led them to do sports. There is only two students whose parents did not do sport on a professional level.

The energy expenditure in regular physical activities range from 8,503 KJ / week to 19,830 KJ / week. However only six of them were able to meet the standard of 10 000 steps per day. It has been shown that number of steps influences the physical weight and percentage of fat. Physical activity of the measured students is above the average.

It has been shown that the students have an ideal weight and low percentage of the physical fat. Based on this research we can consider that long-term high energy output has a good impact on a very good physical composition.

Keywords: Physical activity, lifestyle, physical composition.